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Housekeepers' Chat

Monday, March 17, 1930.

NOT FOR PUBLICATION

Subject: "An Irish Stew with Dumplings." Recipe from Bureau of Home Economics, U.S.D.A.

Bulletin available: "Aunt Sammy's Radio Recipes."

--ooOoo--

Would you like to have an Irish Stew for dinner? An Irish Stew with Dumplings, because this is St. Patrick's Day, and I'm sure all loyal sons of Erin will want to celebrate. Besides, Aunt Kathleen is coming to dinner this evening.

Along with our Irish Stew, let's have Spring Greens, Hot Potato Rolls, Spiced Pickle, and Plum Tarts. Can you make the Plum Tarts with green gage plums? So much the better.

There are nine ingredients in our Irish Stew:

2 pounds breast of lamb or mutton	1 tablespoon flour
2-1/2 cups boiling water	4 carrots, diced
2 onions, diced	2 turnips, diced, and
4 potatoes, diced.	Salt and pepper.
1 tablespoon chopped parsley	

Nine ingredients, for Irish Stew with Dumplings: (Repeat ingredients):

Sear the meat in its own fat, with the onions. Add the boiling water, and let the meat simmer until nearly tender. Add the diced vegetables, and seasoning and cook for 15 minutes. Mix the flour with enough cold water to make a smooth paste, add to the stew, and stir until it thickens. Then add the dumplings, cover the kettle tightly, and cook for 15 minutes longer. By this time the vegetables should be tender, but not overcooked.

Next, the Potato Rolls. I have the Recipe Lady's favorite recipe for these delectable, golden brown, Cloverleaf rolls, which of course, must be served piping hot. If you follow these directions exactly, I'm sure your Aunt Kathleen will say: "Rosie O'Leary, where did you get the recipe for these gorgeous Shamrock rolls? I simply must have it!"

Well, here it is, so you can give it to Aunt Kathleen. Seven ingredients, for Potato Rolls:

3/4 cup diced raw potato	2-1/2 tablespoons lard
2 cups water	1/2 yeast cake, and
4 cups flour	1 tablespoon sugar, if
1-1/2 teaspoons salt	desired.

To repeat the seven ingredients, for Potato Rolls: (Please repeat).

Cook the potato in the water until soft, drain, and save 1 cup of the potato water, or if necessary add more water to make one cup of liquid. Rice the potato. Soften the yeast in the lukewarm potato water. Sift 3-1/2 cups of flour with the salt. Rub in the lard with the tips of the fingers and add the liquid in which the yeast has been softened and the potatoes. Knead the dough until it springs back into place when pressed with the fingers, and add the remaining one-half cup of flour if required. Place in a greased bowl, grease the surface of the dough, cover, and let rise until double in bulk. Without kneading the dough again, pinch off small pieces, shape them lightly, and place by threes in greased muffin tins, to form clover leaf rolls. Let them rise again until double in bulk. Bake for about 25 minutes at a temperature of 375 degrees to 400 degrees F. When golden brown, remove from the oven and serve at once.

Now let's repeat our menu: Irish Stew with Dumplings; Spring Greens; Hot Potato Rolls; Spiced Pickle; and Plum Tarts made with green gage plums.

Let's use our green glassware today, and see that there is a pretty posy in the center of the table. Might as well take advantage of St. Patrick's day, for there aren't many holidays in the windy month of March.

One or two questions to answer today. The first is about Jelly Roll, "Please tell me how to make Jelly Roll," writes a young housekeeper.

The big secret, in making a successful Jelly Roll, is to work rapidly. Use your favorite recipe for Sponge Cake, and bake it in a thin sheet. The cake must be handled while warm, just out of the pan, or it will break when you try to roll it. Before you take the sponge cake from the oven, spread a piece of waxed paper on the table, sprinkle the waxed paper with powdered sugar. Turn the cake out on this, upside down, and trim off the crusty edges on the sides. Spread the cake quickly, with soft jelly or preserves, and begin rolling at the side nearest you. When the cake is rolled up, roll the paper around it, and tie it in place so the Jelly Roll will keep its shape.

One more question:

What can be done with a small axminster or velvet rug which wrinkles, and curls up at the edges?"

Your small axminster or velvet rug wrinkles, and curls up at the edges because the sizing has worn off the back. Re-sizing will make the rug wear



longer, and look much better. Stretch the rug tight and true . Tack it, at frequent intervals, face down, on the floor, or some other flat surface, where it can remain undisturbed. Then sprinkle it, generously, with a solution made by soaking and dissolving one-fourth of a pound of flake glue, in a half gallon of water, in a double boiler. The rug should dry, for at least 24 hours, after it is sprinkled with this solution. If your rug is light weight, be careful not to put on so much glue that it comes through, on the right side.

Tuesday: "The Bedroom of a Homelike House."

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